

Business Plan Nova Scotia Sport and Recreation Commission - 2002/03

March 2002

Prepared for

Planning and Priorities Secretariat

Prepared by

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A. INTRODUCTION

The Act (R.S., C. 376, S. 20) gives the Sport and Recreation Commission (SRC) a broad mandate to enhance quality of life through sport and recreation. Implicit in the Act is the recognition of the contribution of sport and recreation to healthy communities, including personal health, social, economic and environmental benefits. The SRC is authorized to function as a partner, alongside the wide variety of volunteer organizations and public agencies that contribute to sport and recreation opportunities. However, as the primary provincial agency responsible for sport and recreation, the SRC is expected to play a lead role in (a) the coordination of efforts within and outside of government (b) the identification and dissemination of research, trends and information (c) the development and implementation of initiatives which support a provincial government and/or commission goal or priority and (d) initiatives which advocate for and promote the benefits of sport and recreation and its contribution and relationship to other sectors.

The SRC is also mandated to provide direct support, in the form of human and fiscal resources, to enhance the capacity of local, municipal and provincial organizations to be effective and to provide high quality, safe opportunities to participate in sport and recreation.

And finally, the SRC plays a key role in the planning and provision of a broad range of safe and high quality areas and facilities, which reflect the diverse needs and interests of Nova Scotians.

B. MISSION

The areas in which it is critical for the NS Sport and Recreation Commission to achieve results are:

- level of participation in physical activity by individuals, families and communities as a whole.
- condition, availability and sustainability of sport and recreation areas and facilities.
- equitable access to sport, recreation and fitness opportunities.
- participation and performance of Nova Scotians in sport.
- quality of leaders in sport, recreation and fitness
- public attitudes and awareness of benefits of participation in sport, recreation and fitness
- public safety when participating in sport, recreation and fitness activities
- quality of support and assistance to enhance the capacity of organizations to be successful.
- quality of leadership and advocacy within government of the benefits of sport and recreation and fitness and its contribution to other sectors.
- quality of management functions including: client and public satisfaction; fairness and equity of the disbursement of resources; staff performance and morale; and, costs, cost effectiveness and condition of finances.

C. PLANNING CONTEXT

Participation in Healthy Physical Activity by Children/Youth

62% of Nova Scotia adults are not active enough for health benefits. The national average is 61%. Inactive young people grow up to be inactive adults. Inactive adults have higher rates of chronic diseases such as Type 2 Diabetes, heart disease, and some forms of cancer.

We have always assumed that children and youth are very active. Some are, but more are not. Activity levels among children and youth begin to decline at an early age.

- between 1981 and 1986 overweight levels in children and youth increased by 92% in boys and 57% in girls
- more than 25% of Canadian youth watch 4 or more hours of TV a day
- in 2000 - 01 children and youth accounted for 12 % of all newly diagnosed cases of Type 2 Diabetes in NS
- only 15% of NS high school students take physical education
- only 25% of children 5 - 17 walk or bike to school everyday
- Based on parent and self reports only 33% of young people are active enough.

Relationships

The health, social, economic and environmental benefits of Sport and Recreation are well documented. Not surprisingly, the Sport and Recreation Commission has enjoyed an on-going relationship with other sectors - most notably, education, tourism, Economic Development and Natural Resources. However, in recent years the recognition of the direct health benefits associated with physical activity has created many new opportunities to partner with health related agencies at the community, regional and provincial level.

Volunteer Issues

Our volunteer profile is changing. The citizens that support the infrastructure of sport and recreation in our province are volunteering in fewer numbers - volunteerism in Nova Scotia has declined from 38 per cent to 34 per cent. Therefore, those who are volunteering are forced to make up the difference at the risk of burnout. In addition, the greater expectation along with liability and screening processes are posing new barriers to volunteering in recreation and sport. Hence, SRC is at the risk of losing a tremendous resource that it depends on to provide accessible programs.

Fairness

Today greater accountability is required in areas of inequity among sport and recreation participants. Fair and safe play, abuse and harassment, gender equity, ability to pay, and accessibility are among issues that require attention.

National Sport Policy

The new National Sport Policy, currently under development between federal, provincial and territorial bodies, will have a significant affect on sport and recreation in Nova Scotia. To ensure that the province is well-represented throughout the policy process, SRC is expected to be an active participant in the process. The relationship between provincial and federal levels of government have brought the successful sport and recreation system in Nova Scotia more visibility. It has also brought new opportunities for sport and recreation to stimulate the economy through major event hosting.

Fiscal Pressures

The Sport and Recreation Commission is facing increasing challenges to improve the range of program diversity, particularly in the areas of: gender equity; Aboriginal programs; support for large scale capital development projects; support for medium scale capital projects; and support for major special initiatives including competitions.

Links to Government Goals

By encouraging more Nova Scotians to participate in physical activity, we will help relieve pressures on the health care system, supporting the province's goal to provide sustainable health services on a long-term basis.

Facility and trail development initiatives provide venues for event hosting including major games and tourism that fosters employment opportunities, providing a means for SRC to support the government's goal of creating conditions that help our economy grow.

SRC's goal to increase the availability and sustainability of leaders in sport and recreation enables SRC to provide the necessary leadership to support higher rates of participation in healthy physical activities. By training leaders we can be more responsive and accountable for the services we provide, while motivating citizens to be life-long learners.

By providing a sustainable means for learning and skill acquisition in communities across the province via SRC coordinated programs, we enable community groups to strengthen their knowledge, skill, and commitment to sport and recreation. Our strong leaders become vital components of health enhancing activity participation, helping Nova Scotians to take better care of their health, learn work-transferable skills, and be a part of a growing economy in leisure and tourism.

D. STRATEGIC GOALS

Participation

Increase participation in structured and unstructured opportunities for sport, recreation, fitness, and play.

Facilities

Increase availability and sustainability of physical infrastructure for sport and recreation.

Leadership

Increase the availability and sustainability of individual leaders in sport and recreation.

Community capacity

Increase commitment and ability of communities and organizations to provide sport and recreation opportunities.

E. CORE BUSINESS AREAS

Each of the core business areas makes a crucial contribution to the mission and the strategic goals of SRC. Over time, in its efforts to achieve its mandate, the SRC has engaged communities across the province. This is required to focus on participation, facility development, leadership, and community capacity.

i) Participation

This area represents a broad range of programs, services and initiatives designed to contribute to the Commission's mandate and mission including:

- Youth Physical Activity Levels
- Lead role in implementation of PACY Provincial Strategy
- Complete Research Study on % of young people active enough for health benefits
- Participant Safety
- N.S. Lifeguard Service
- Support to Organizations and Individuals
- Financial Assistance Programs- Athletes Coaches & Officials
- Financial Assistance Programs- Provincial, Municipal and Local Organizations re: Program Development
- Hosting
- Provincial Volunteer Week
- Sport Heritage
- Values and Ethics in Sport and Recreation
- Fair Play
- Canada Games
- Mission Staff Support
- Team Nova Scotia
- Athlete Development

ii) Facilities

This area includes a broad range of programs, services and initiatives designed to contribute to the Commission's mandate and mission including:

- Infrastructure Enhancement - Availability, Condition and Sustainability

- Recreation Facility Development Program
- Community Recreation Capital Grant Program
- Planning Assistance Program
- Facility Audit Program
- Facility Management
- Training Programs
- Consultation and Assistance
- Safe Facilities and Environments
- Risk Management
- Structural Assessment Program
- Playspace Safety Guidelines
- Trail Development
- Trail Development Manual
- Workshops and Training Opportunities
- Trail Information Project and Trail Paq
- (Web sites: www.trails.gov.ns.ca & www.trailpaq.ca)
- Trail Planning
- Abandoned Rail Lines
- Public Policy
- Consultation and Assistance
- Facility Access
- Community Use of Schools Policy

iii) Leadership

The quality and quantity of leaders is a critical component in sport and recreation. Examples of the range of leaders impacted by commission programs and services include coaches, outdoor leaders, guide/scout leaders, lifeguards, fitness leaders, municipal recreation staff, provincial sport and recreation organization staff, trails groups, volunteers board members, etc. This area includes a number of programs, services and initiatives designed to sponsor, support or deliver leadership training opportunities for a broad range of leaders in sport and recreation at the community, municipal and provincial levels.

- Leadership Development Opportunities
- National Coaching Certification Program
- Nova Scotia Outdoor Leadership Development Program

- Workshops - Volunteers, Staff, Elected and Appointed Officials
- Staff Consultation and Assistance
- Contracted Services, Partnerships and Support
- Risk Management Training- Recreation Facility Association of NS
- Volunteer Training Program - Recreation Nova Scotia
- National Sport Centre Atlantic
- N.S. Fitness & Lifestyles Leadership Training Program

F. PRIORITIES

Core Business and Goal	Priorities	Contribution to Core Business Areas	Linkages
Participation: Increase participation in structured and unstructured opportunities for sport, recreation, fitness, and play	Work with schools, community and provincial organizations on Fair and Safe Play Manage Canada Games program in conjunction with 44 sport organizations Assist 20 local and provincial groups on implementation and evaluation of funded pilot projects on physical activity for children and youth Develop active transportation initiatives to encourage more people to integrate walking, cycling, roller blading into their daily lives Implement the pending strategy on physical activity for children and youth which has six goals: public education, opportunities for all, opportunities for girls, leadership, policy development, and research. Communicate and apply the results of the population research study into the PA levels of children and youth to and with key stakeholders	These priorities lead to the creation of affordable, safe and welcoming environments for people to become physically active and participate	Provincial Government: Education, Health, Aboriginal Affairs, Transportation and Public Works Non-Government organizations in sport, recreation, health, and youth Federal and municipal levels of government
Facility: Increase the availability and sustainability of physical infrastructure for sport and recreation	Provide leadership on a provincial community use of schools policy Administration of capital grant program Deliver arena structural safety assessment program Use GIS technology to develop an inventory of sport and recreation facilities in NS Identify facility implications for potential hosting opportunities with major events in NS Work towards an improved policy for major facility funding Do an audit of newly acquired abandoned rail lines Assist community trail groups with the development and management of trails	These priorities in facility development will have a significant impact on the availability of sustainable venues for sport and recreation leading to increased participation	Service NS and Municipal Relations, Education, Transportation and Public Works, Tourism and Culture, Justice, Natural Resources, Economic Development Non-Government organizations in sport, recreation, health, and youth Federal and municipal levels of government

Leadership: Increase the availability and sustainability of individual leaders in sport and recreation	Implement new Competency Based Education and Training Program for coaches Implement a quality control program for sport and recreation service delivery Host training sessions for staff and volunteers of provincial sport organizations Promote and develop outdoor leadership training opportunities, particularly for women and youth Fund and assist Sport NS with the pilot project for Sport Future Leaders. Provide technical training and resources on trail construction and risk management in cooperation with provincial trail groups Assess and recommend any changes to Volunteer Protection Act which was tabled in the Legislature in Nov, 2001	These leadership priorities work together to strengthen the knowledge, skill, and commitment of leaders in community and recreation groups across the province and promote life-long learning	Tourism and Culture, Education, Community Services Non-Government organizations in sport, recreation, health, and youth Federal and municipal levels of government
Community Capacity: Increase commitment and ability of communities and organizations to provide sport and recreation opportunities	Assist Provincial Sports Organizations with outcome planning, knowledge of SRC programs, policies and mechanisms to deal with abuse and harassment issues Assist municipal recreation departments and community groups with effective management and delivery of public recreation services, linking with SRC and other government programs and services Ensure the province's interests are represented in the development of a National Sport Policy and coordinate public input into proposed national policy action plan Work with communities in support of building capacity to host major regional, national, and international sporting events	These community capacity initiatives work support goals towards increasing the capacity of groups across the province to be knowledgeable, skilled, and committed to creating health enhancing participatory activities.	Justice, Natural Resources, Tourism and Culture, Transportation and Public Works, Environment, Economic Development Non-Government organizations in sport, recreation, health, and youth Federal and municipal levels of government

G. BUDGET CONTEXT**Sport & Recreation - Estimated Expenditures by Core Business**

Core Business	Forecast 2001-2002	Budget 2002-2003
	\$ Thousands	\$ Thousands
Participation <i>Provincial Organization Funding, Outdoor Recreation, Active Living, Hosting, Elite Athletes, Canada Games, Special Initiatives</i>	2,815.7	2,758.1
Facilities <i>Recreation Facility Development</i>	4,076.0	1,700.1
Community Capacity <i>Regional Services, Sport & Recreation Management, Sport & Recreation Admin Centre Research</i>	1,072.9	1,153.4
Leadership <i>Community Development Grants, Coaching, Sport Training & Development</i>	235.9	250.5
Boxing Authority	62.0	62.0
Administration and Support <i>SRC Management, Policy & Programs</i>	505.5	512.9
Total - Gross Expenditures	8,768.0	6,437.0
Total - Program Expenses net of Recoveries	8,647.0	6,317.0
Salaries and Benefits	1,105.8	1,293.1
Funded Staff	19.6	21.1

H. OUTCOMES AND OUTCOME MEASURES

Outcomes per Core Business Area	Indicators	Measure	Baseline	Target- 2004/2005	Strategies to Achieve Target
Participation: Increase participation in structured and unstructured opportunities for sport, recreation, fitness, and play	1. Involvement by community organizations in providing physical activity for children, youth and families	# of community organizations that offer opportunities through SRC funding and resources	TBA	TBA	See section E for a listing of priorities for Participation
Facilities: Increase the availability and sustainability of physical infrastructure for sport and recreation	2. Arenas that are structurally safe 3. Written school board policies that comply with provincial guidelines on community use of schools 4. Mapped trails accessible to the public	Percentage of arenas with structural safety assessments Percentage of school boards with policies # of trails on SRC's public database	8 of 70 arenas 0.7 245 as of March 2002	4 in each of next three years for a total of 20/70 7.7 by 04-05 400 by 2005	See section E for a listing of priorities for Facilities
Leadership: Increase the availability and sustainability of individual leaders in sport and recreation	5. Certified coaches 6. Certified fitness leaders 7. Trained outdoor leaders	# of new certified coaches # of new certified fitness leaders # of outdoor leaders who complete training modules	453 TBA 100	increase by 10% increase by 10% 200 by 2005	See section E for a listing of priorities for Leadership
Community Capacity: Increased commitment and ability of communities and organizations to provide sport and recreation opportunities	8. Consultations by SRC staff with volunteer organizations on sport and recreation	# of consultations provided	TBA	Maintain current level	See section E for a listing of priorities for Community Capacity

